



THE
FORTY
DAYS
of LENT

Community Church
of Boulder Junction

2021 Lenten
Devotional

February 17

Ash Wednesday

The pre-recorded Ash Wednesday service video will be available
on the CCBJ website after 6:00pm on February 17.

Opening Words

We gather to worship God as the Lenten season begins,
aware of our frailty and our failings.

***We seek God's mercy,
acknowledging our mortality.***

Having received the waters of baptism,
we come to be marked now with ashes.

May we humble ourselves before God
not with a yoke of burden

but a mantle of freedom in Jesus' name.

Confession

God desires truth in the inward being and receives a broken spirit, the contrite heart. Seeking abundant mercy, let us confess our sins before God as Psalm 51 is read.

Declaration of Forgiveness

According to God's steadfast love, according to God's abundant mercy, God does not pass judgment on us the judgment we deserve.

***God creates in us clean hearts and gives a new and right spirit. In the grace of Jesus Christ,
we return to God forgiven. Praise God for our salvation!***

Prayer

God of our salvation, we long to be reconciled to you. Help us clear away any obstacle that prevents us from accepting the grace of Christ. No matter what we face in this life, increase in us knowledge and patience, kindness and holiness of spirit, genuine love and truthful speech, so that, by the power of God at work in us, we may live even as we are dying and rejoice even in our sorrows. Though it may seem that we have nothing, if we are reconciled to you, we possess everything, through Jesus Christ our Lord. Amen.

Isaiah 58:1-12

Meditation

Song

The Litany of Ashes

We bow our heads before you, O God, aware of our sinfulness and our shortcomings. Recognizing our own mortality, we receive these words – confident that in life and in death, we belong to you. In the name of Jesus Christ, Crucified, risen, and coming again, we pray. Amen.

Remember that you are dust,
and to dust you shall return.

Dismissal

Dedicate yourselves to the fast God chooses,
loosening the yoke of bondage,
declaring freedom to the oppressed,
offering food to the hungry
and shelter to the homeless.

from Isaiah 58:6-9

Then your light shall break forth like dawn,
and the glory of the Lord will shine upon you.

He will hear your cry and be at your side, now and forevermore.

Week 1 Lenten Practices

Thursday, Feb. 18 Pray for your enemies

Friday, Feb. 19 Don't turn on the car radio

Saturday, Feb. 20 Give \$20 to a non-profit

Sunday, Feb. 21 Worship

Monday, Feb. 22 Take 5 minutes of silence at noon

Tuesday, Feb. 23 Look outside - find something beautiful you had not noticed before

Matthew 6:1-6, 16-21

¹“Be careful not to do good deeds in front of other people. Don’t do those deeds to be seen by others. If you do, your Father in heaven will not reward you.

²“When you give to needy people, do not announce it by having trumpets blown. Do not be like those who only pretend to be holy. They announce what they do in the synagogues and on the streets. They want to be honored by other people. What I’m about to tell you is true. They have received their complete reward. ³ When you give to needy people, don’t let your left hand know what your right hand is doing. ⁴ Then your giving will be done secretly. Your Father will reward you, because he sees what you do secretly.

⁵“When you pray, do not be like those who only pretend to be holy. They love to stand and pray in the synagogues and on the street corners. They want to be seen by other people. What I’m about to tell you is true. They have received their complete reward. ⁶ When you pray, go into your room. Close the door and pray to your Father, who can’t be seen. Your Father will reward you, because he sees what you do secretly.

¹⁶“When you go without eating, do not look gloomy like those who only pretend to be holy. They make their faces look very sad. They want to show people they are fasting. What I’m about to tell you is true. They have received their complete reward. ¹⁷ But when you go without eating, put olive oil on your head. Wash your face. ¹⁸ Then others will not know that you are fasting. Only your Father, who can’t be seen, will know it. Your Father will reward you, because he sees what you do secretly.

¹⁹“Do not gather for yourselves riches on earth. Moths and rats can destroy them. Thieves can break in and steal them. ²⁰ Instead, gather for yourselves riches in heaven. There, moths and rats do not destroy them. There, thieves do not break in and steal them. ²¹ Your heart will be where your riches are.

Prayer

God of our salvation, we long to be reconciled to you. Help us clear away any obstacle that prevents us from accepting the grace of Christ. No matter what we face in this life, increase in us knowledge and patience, kindness and holiness of spirit, genuine love and truthful speech, so that, by the power of God at work in us, we may live even as we are dying and rejoice even in our sorrows. Though it may seem that we have nothing, if we are reconciled to you, we possess everything, through Jesus Christ our Lord. Amen.

Week 2 Lenten Practices

Wednesday, Feb. 24	Give 5 items of clothing to the Food Pantry
Thursday, Feb. 25	Speak only encouragement - no complaining
Friday, Feb. 26	Do someone else’s chores
Saturday, Feb. 27	Buy some \$5 gift cards to give to people in need
Sunday, Feb. 28	Worship
Monday, Mar. 1	Call on an old friend
Tuesday, Mar. 2	Pray the newspaper (pray for people and situation in today’s news)

Joshua 5:2-12

² At that time the Lord said to Joshua, “Make knives out of flint. Use them to circumcise the men of Israel.” ³ So Joshua made knives out of flint. Then he used them to circumcise the men of Israel at Gibeath Haaraloth.

⁴ Here is why Joshua circumcised them. All the men who came out of Egypt had died. They died while they were wandering through the Sinai Desert. They were the men old enough to serve in the army. ⁵ All the men who came out had been circumcised. But all the men born in the desert during the journey from Egypt hadn’t been circumcised. ⁶ The Israelites had moved around in the desert for 40 years. By the end of that time all the men old enough to serve in the army when they left Egypt had died. That’s because they hadn’t obeyed the Lord. He had made a promise to them. He had told them they wouldn’t see the land. It’s the land he had promised to their people to give us. It’s a land that has plenty of milk and honey. ⁷ Because they hadn’t obeyed him, he raised up their sons to take their place. They were the ones Joshua circumcised. They hadn’t been circumcised yet. That’s because no one had circumcised them during the journey. ⁸ So Joshua circumcised all those men. The whole nation remained in the camp until the men were healed.

⁹ Then the Lord spoke to Joshua. He said, “Today I have taken away from you the shame of being slaves in Egypt.” That’s why the place where the men were circumcised has been called Gilgal to this very day. ¹⁰ The Israelites celebrated the Passover Feast. They observed it on the evening of the 14th day of the month. They did it while they were camped at Gilgal on the plains around Jericho. ¹¹ The day after the Passover, they ate some of the food grown in the land. On that same day they ate grain that had been cooked. They also ate bread made without yeast. ¹² The manna stopped coming down the day after they ate the food grown in the land. The Israelites didn’t have manna anymore. Instead, that year they ate food grown in Canaan.

Prayer

Creator God,
 you have formed us as your own,
 so whether we are weeping or laughing,
 hungry or well-fed, dreaming or shouting for joy,
 we are always coming home to you.
 For this and more, we thank you in Jesus’ name. Amen.

Week 3 Lenten Practices

Wednesday, Mar. 3	Read Psalm 139
Thursday, Mar 4	Pay a few sincere compliments
Friday, Mar. 5	Buy a cup of coffee for a stranger
Saturday, Mar. 6	Learn about human trafficking https://washingtonmemo.wordpress.com/trafficking/
Sunday, Mar. 7	Worship
Monday, Mar. 8	Forgive someone
Tuesday, Mar. 9	Don’t watch Television

Luke 4.1-13

¹ Jesus, full of the Holy Spirit, left the Jordan River. The Spirit led him into the desert. ² There the devil tempted him for 40 days. Jesus ate nothing during that time. At the end of the 40 days, he was hungry.

³ The devil said to him, "If you are the Son of God, tell this stone to become bread."

⁴ Jesus answered, "It is written, 'Man must not live only on bread.' "

⁵ Then the devil led Jesus up to a high place. In an instant, he showed Jesus all the kingdoms of the world. ⁶ He said to Jesus, "I will give you all their authority and glory. It has been given to me, and I can give it to anyone I want to. ⁷ If you worship me, it will all be yours."

⁸ Jesus answered, "It is written, 'Worship the Lord your God. He is the only one you should serve.' "

⁹ Then the devil led Jesus to Jerusalem. He had Jesus stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. ¹⁰ It is written, " 'The Lord will command his angels to take good care of you.

¹¹ They will lift you up in their hands.

Then you won't trip over a stone.' "

¹² Jesus answered, "Scripture says, 'Do not test the Lord your God.' "

¹³ When the devil finished all this tempting, he left Jesus until a better time.

Prayer

God Most High,
 thank you for signs of your power and grace,
 shown to us even in the wilderness.
 Give us courage to stand firm in your Word
 in every time of trial and testing,
 that we may enter the land of your freedom
 and receive the salvation you so generously give;
 through Jesus Christ our Lord. Amen.

Week 4 Lenten Practices

Wednesday, Mar. 10 Change one light in your house to an LED

Thursday, Mar. 11 Pray the morning and evening prayers
<https://dailyoffice.wordpress.com/>

Friday, Mar. 12 Ask for help

Saturday, Mar. 13 Tell someone what you are grateful for

Sunday, Mar. 14 Worship

Monday, Mar. 15 Introduce yourself to a neighbor

Tuesday, Mar. 16 Read Psalm 121

Joel 2:1-2, 12-17

¹ Priests, blow the trumpets in Zion.

Give a warning on my holy mountain.

Let everyone who lives in the land tremble with fear.

The day of the Lord is coming. It is very near.

² That day will be dark and sad.

It will be black and cloudy.

A huge army of locusts is coming.

They will spread across the mountains
like the sun when it rises.

There has never been an army like it.

And there will never be another
for all time to come.

¹² The Lord announces to his people,

“Return to me with all your heart.

There is still time.

Do not eat any food. Weep and mourn.”

¹³ Don’t just tear your clothes to show how sad you
are.

Let your hearts be broken.

Return to the Lord your God.

He is gracious.

He is tender and kind.

He is slow to get angry.

He is full of love.

He won’t bring his judgment.

He won’t destroy you.

¹⁴ Who knows? He might turn toward you
and not bring his judgment.

He might even give you his blessing.

Then you can bring grain offerings and drink offerings
to the Lord your God.

¹⁵ Priests, blow the trumpets in Zion.

Announce a holy fast.

Tell the people not to eat anything.

Gather them together for a special service.

¹⁶ Bring them together.

Set all of them apart to me.

Bring together the elders.

Gather the children and the babies
who are still nursing.

Let the groom leave his bedroom.

Let the bride leave their marriage bed.

¹⁷ Let the priests who serve the Lord weep.

Let them cry between the temple porch and the
altar.

Let them say, “Lord, spare your people.

Don’t let others make fun of them.

Don’t let the nations laugh at them.

Don’t let them tease your people and say,
‘Where is their God?’ ”

Prayer

God of Righteousness,
you see the secret acts of our devotion
and know the hidden motives of our hearts.
Make our faith genuine,
that our hearts and minds confirm the words we speak
and the disciplines we practice.
Confirm in us a spirit of humility
that we may live as your faithful children
in the way of Jesus Christ our Lord. Amen.

Week 5 Lenten Practices

Wednesday, Mar. 17 Bake a cake

Thursday, Mar. 18 No shopping

Friday, Mar. 19 Light a virtual candle

<https://www.churchofengland.org/our-faith/light-candle>

Saturday, Mar. 20 Light an actual candle

Sunday, Mar. 21 Worship

Monday, Mar. 22 Write a thank you note to someone who has taught you something

Tuesday, Mar. 23 Purchase re-usable shopping bags

Acts 11:1-12

¹ The apostles and the believers all through Judea heard that Gentiles had also received God's word. ² Peter went up to Jerusalem. There the Jewish believers found fault with him. ³ They said, "You went into the house of Gentiles. You ate with them."

⁴ Starting from the beginning, Peter told them the whole story. ⁵ "I was in the city of Joppa praying," he said. "There I had a vision. I saw something that looked like a large sheet. It was being let down from heaven by its four corners. It came down to where I was. ⁶ I looked into it and saw four-footed animals of the earth. There were also wild animals, reptiles and birds. ⁷ Then I heard a voice speaking to me. 'Get up, Peter,' the voice said. 'Kill and eat.'

⁸ "I replied, 'No, Lord! I will not! Nothing that is not pure and "clean" has ever entered my mouth.'

⁹ "A second time the voice spoke from heaven. The voice said, 'Do not say anything is not pure that God has made "clean."' ¹⁰ This happened three times. Then the sheet was pulled up into heaven.

¹¹ "Just then three men stopped at the house where I was staying. They had been sent to me from Caesarea. ¹² The Holy Spirit told me not to let anything keep me from going with them. These six brothers here went with me. We entered the man's house.

Prayer

Surprising God, in the resurrection of Jesus
 you make all things new.
 Long ago you called your church
 to a love beyond all social and cultural differences
 and gave them the gift of your Holy Spirit
 to open their hearts to enact such love.
 Give us that same spirit of openness,
 that we too might discern new directions in our day
 for your dream to reconcile and heal all creation.
 In Jesus' name we pray. Amen.

Week 6 Lenten Practices

Wednesday, Mar. 24	Donate food to the Food Pantry
Thursday, Mar. 25	Donate art supplies to the local elementary school
Friday, Mar. 26	Read John 8:1-11
Saturday, Mar. 27	Visit the local Catholic church and look for beauty
Sunday, Mar. 28	Worship
Monday, Mar. 29	Confess a secret
Tuesday, Mar. 30	No sugar day

Exodus 12:1-14

¹The Lord spoke to Moses and Aaron in Egypt. ²He said, "From now on, this month will be your first month. Each of your years will begin with it. ³Speak to the whole community of Israel. Tell them that on the tenth day of this month each man must get a lamb from his flock. A lamb should be chosen for each family and home. ⁴Suppose there are not enough people in your family to eat a whole lamb. Then you must share some of it with your nearest neighbor. You must add up the total number of people there are. You must decide how much lamb is needed for each person. ⁵The animals you choose must be males that are a year old. They must not have any flaws. You may choose either sheep or goats. ⁶Take care of them until the 14th day of the month. Then the whole community of Israel must kill them when the sun goes down. ⁷Take some of the blood. Put it on the sides and tops of the doorframes of the houses where you eat the lambs. ⁸That same night eat the meat cooked over a fire. Also eat bitter plants. And eat bread made without yeast. ⁹Do not eat the meat when it is raw. Don't boil it in water. Instead, cook it over a fire. Cook the head, legs and inside parts. ¹⁰Do not leave any of it until morning. If some is left over until morning, burn it up. ¹¹Eat the meat while your coat is tucked into your belt. Put your sandals on your feet. Take your walking stick in your hand. Eat the food quickly. It is the Lord's Passover.

¹²"That same night I will pass through Egypt. I will strike down all those born first among the people and animals. And I will judge all the gods of Egypt. I am the Lord. ¹³The blood on your houses will be a sign for you. When I see the blood, I will pass over you. No deadly plague will touch you when I strike Egypt.

¹⁴"Always remember this day. You and your children after you must celebrate this day as a feast to honor the Lord. You must do this for all time to come. It is a law that will last forever.

Prayer

God of the exodus and resurrection,
 you have promised to write your law on our hearts.
 Help us to remember and celebrate
 your faithful presence with us,
 that by the power of your Holy Spirit,
 we may show forth the light of Christ,
 in whose name we pray. Amen.

Holy Week Practices

Wednesday, Mar. 31 Give \$20 to a non-profit

Thursday, Apr. 1 Learn about a saint
<https://mycatholic.life/saints/#gsc.tab=0>

Friday, Apr. 2 Pray for peace

Saturday, Apr. 3 Pray for your enemies then decide which of these practices you'll continue